



4-H Newsletter

February 2010

SEMINOLE COUNTY

4-H is a community of young people across America who are learning leadership, citizenship and life skills.



FROM THE AGENTS:

Each month the 4-H Office produces a Newsletter both to keep you informed about upcoming 4-H activities as well as to give you articles about topics related to 4-H. If your club would like to have articles or pictures in the Newsletter submit them by the 20th of the month.

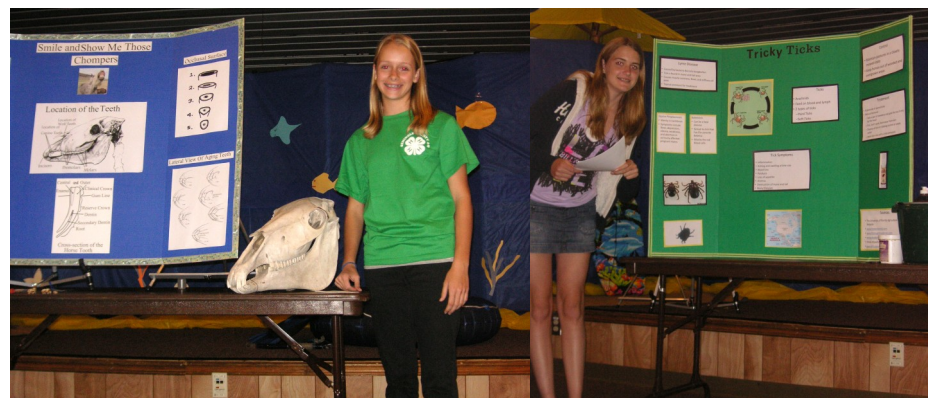
FAIR Update: We will be getting tickets in the office for the Fair in the next week or so—if you are participating in events at the Fair you will want to get your tickets. We will send out an e-mail as soon as we get them in.

Final Fair Deadlines:

Interview & Resume Contests—
February 8th - Seminole Co.
PowerPoint—Feb 8th Seminole Co
Video Contest—Feb 8th—Orange
Banners—Feb 15th—Orange Co
Gameboards—Feb 19th—Seminole

Shae Michalski *Shelby R. Wilkins*

4-H AGENTS—SEMINOLE



IT'S DEMONSTRATION TIME COUNTY EVENTS—MARCH 26TH

Are you getting ready to tell others what you have learned in your 4-H project or are you preparing a speech for the Public Speaking division? If you are planning to do a speech in your club why not enter this year's County Events.

County Events is the activity that gives you the chance to present a county level demonstration in a 4-H project .

Each person who presents a demonstration at County Events receives \$10 in Clover Dollars as well as ribbons. All Blue ribbon presentations advance on to District Events. Senior 4-H members are eligible to advance to State Competition At Florida 4-H Congress.

Senior competition is held at the University of Florida July 26-30, 2010. Congress is a week long event that allows you to meet 4-H'ers from around the state of Florida as

well as participate in many different leaning activities.

If you are a senior 4-H members—14 years of age or older—this is a great event.

A demonstration starts with a topic. Once you have chosen your topic, then layout what you are wanting to show people. Make sure your demonstration follows a logical order and that you have a finished product. Then think about the visual aids that you will use and assemble them in a logical order. Once you have your order and your visuals develop your posters to help you with your presentation.

Remember every good demonstration starts with an snappy introduction that will grab the audience's attention and ends with a great conclusion that leaves the audience with your final thoughts.

**See you at County
Events.**

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HAPPY VALENTINE'S DAY—February 14th

Managing your \$\$ - Why not do a money project in 4-H?

By Shelda R. Wilkens, 4-H Extension Agent



Every year about this time adults are beginning to think about how they have managed their money in the past year.

Why—April 15th or tax day is fast approaching. One of the skills that 4-H can help you learn is how to manage your money. Even if you don't think you have much money now a money project in 4-H could help you set goals for yourself

and to know where you spend your current money. Some of the things that you can learn in these projects are the answers to the following questions:

1. What is the Rule of 72?
2. What is a 401K?
3. What is compound interest?

The money projects in the **4-H Financial Champions** series include the following:

Money FUNDamentals— Unit 1
Money Movers – Unit 2

These are great projects to work on your own to complete by June 7th when Project books are due for judging.

4-H Exhibit Night—a chance to show off your project work
Exhibits due—March 24, 2010

Project exhibits, Poster and Photo Contests—due in the 4-H Office March 24th.

4-H Exhibits may be of 2 types.

They are:

1. **PRODUCT EXHIBITS** - These are exhibits that are items that you have made as part of a 4-H project. This includes things such as woodworking, crafts, a dress, animal tracks, first aid kit, making cookies, breads, citrus trees, plants, etc... **Product Exhibits** can also be a box type display showing project activities or items that are part of a project.

2. **EDUCATIONAL/POSTER EXHIBIT**

- is using a poster that will show and tell what you did in a project. It may include pictures, drawings, photos, and/or writing. **MAXIMUM SIZE OF POSTER TYPE EXHIBITS IS 14" x 22"** (HALF SHEET OF POSTER BOARD). A 3 sided science board is also acceptable.

All exhibits, posters and photos receive ribbons. More information on all exhibits will be sent out the end of February.

4-H Photo Contest—due 3/24

Division 1: Prints

- **Class A** - Color or Black and White Print - Single Print
- **Class B** - Color or Black and White Print - Series up to 10 photos in series

Division 2: Digital

- **Class A** - Digital Photo - Single Image (minimal or no manipulation)
- **Class B** - Digital Photo - Series of Images (up to 10 images in a series, minimal or no manipulation)
- **Class C** - Creative Digital Photo - Single Image
- **Class D** - Creative Digital Photo - Series of Images (up to 10 images)

All photos (single and series) must be mounted on a mat or foam core. No other mounted material (i.e. glass, wood, plastic, metal, etc.) will be considered. **DO NOT SEND PHOTOS IN A GLASS OR PLEXI-GLASS** (or any other coating).

Maximum size for a single photo is 8" X 10", not including mounting; 12"X14" with mounting. Maximum series size: 16" x 20".

4-H Poster Contest

THEME: "Florida 4-H Centennial Celebration"

SIZE: 14 x 22 inches (1/2 poster board)

GUIDELINES:

- No copyrighted characters allowed.
- The purpose of the poster is to promote 4-H.
- Any medium may be used for your poster (watercolors, markers, pen & ink, chalk) but it may not be 3 dimensional.
- Posters are judged on color, originality, 4-H image, message, and appeal.
- If using computer assistance to create components of the poster, a statement of 1 paragraph should be attached explaining how the computer assistance affected the poster's composition.
- A poster Certification form must be assigned and attached to the back of the poster in the upper right hand corner. Name, age, and county should be printed on the back of poster.

DEADLINE: March 24, 2010

Top posters advance to State.

HOOF BEATS

Equine Lecture Series:

The next ELS will be held Wednesday February 17 starting at 7 PM in the 4-H auditorium. The topic will be Biomechanics between horse and rider.



Horse Bowl and Hippology

Teams: The Horse Bowl and Hippology

Team will be meeting on February 8, 2010 starting at 7 PM in the 4-H auditorium. Hope to see you there.

Requirements for Showing: As we have already started the new year and many of you have begun to work on your keeping your New Year's Resolutions, you may want to try and incorporate some of your requirements for showing. I highly recommend that you do not wait till the last minute to complete all of your requirements. There are many great events and activities coming up that can be used for your Non-Horse Show 4-H activity. Check out the calendar at the end of the newsletter.



Rule Books: Your 2010 State 4-H Horse Show Rule Books are available for your club leader. Let Shane know if your club needs more.

2010 Benefit/Open Horse Show : Registration materials for the 2010 Benefit/Open Horse show are on the 4-H webpage.

<http://www.seminolecountyfl.gov/commsrvs/coopext/4H/4h.asp>

Show bill can be found under the events heading.

Pre-registration is due February 17 for Western and English and February 15 for Dressage.



Call Mr. Shane if you have any questions!

Do You Know When Your Project Animal is Normal?

BY: Shane Michael, 4-H Agent



For many of us who have had the wonderful pleasure of caring for a 4-H project animal, we know that there are times when our animal may be sick or in need of a vet. Sometimes it may be very apparent when the vet needs to be called while other times may not be so apparent. Have you ever gone out to feed your project animal in the evening and noticed they did not finish their morning meal? Or have you gone to exercise your project animal for their daily exercise and noticed they are not as frisky or energetic as they usually are? These kinds of behaviors, loss of appetite, or lethargy may be signs that there is something wrong with your project animal. Other important signs that may not be as apparent or noticeable are the vital signs (Temperature, Respiration Rate, & Heart Rate or Pulse) of your project animal. Understanding and knowing how to take these vital signs can help you and your vet to determine a plan for taking care of your sick or injured project animal. Just as important in understanding the vitals and how to take a vital, is knowing what is normal for your animal. Most of us know that the human body temperature runs 98.6 degrees F, not every non-sick or non-injured human being will have a temperature of 98.6. Some may run higher or lower. Therefore, knowing the range and what the normal value for your project animal is very important.

Temperature: For most species the temperature is taken by inserting a thermometer in the animal's rectum. It is important to note that you should never take the temperature of your animal alone. It is important to know where to stand when taking the temperature to ensure that you are not endangering yourself. The temperature of your animal can tell the vet a lot of information. A very high (or sometimes a low) temperature can tell the vet that the animal may be fighting an infection.

Respiration Rate: Taking the respiration rate of an animal is very simple and can be done from a safe distance. To take the respiration rate, count the number of times the animal takes a breath for a minute. Be sure that you are only counting the inhales or the exhales and not both. This will give you the animal's Breaths per Minute. Again by having a higher or lower BPM can indicate to the vet that the animal is fighting an infection. However the BPM is most often used to show if an animal is in pain.

Heart Rate: Taking the heart rate of an animal is probably the hardest of the vitals. To take the heart rate or pulse of the animal, you are going to count the number of times the heart contracts in a minute. This will give you the animal's Beats per Minute. The difficulty of taking the heart rate of an animal is that you must first find the animal's pulse. This takes some practice but once you get the hang of it, it is an important skill that you will use often. You may notice that some people will use a stethoscope to listen to the heart rate. This is easier than taking a pulse but you must remember that you will hear two beats or bumps for every heart beat. The two beats is the heart's ventricle contracting followed by the atrium contracting. Again this will take some practice to get the Heart Rate. The final step in knowing what is a normal range for your project animal. Each species of animals will have different vital ranges. Use this chart to help you when taking vitals.

Species	Temperature Range	Respiration Rate	Heart Rate
Cattle	100.4 to 103.1	10 to 30 Beats per Min	40 to 70 Beats per Min
Horse	99.5 to 101.3	8 to 16 Beats per Min	28 to 40 Beats per Min
Sheep	102.2 to 104.9	12 to 20 Beats per Min	60 to 90 Beats per Min
Swine	100.4 to 104	8 to 18 Beats per Min	60 to 100 Beats per Min

CALENDAR OF UPCOMING

February

- 4,18 4-H Public Speaking Club 4:45-5:45 PM
- 4 County Council Meeting 5:45 Pizza, 6:00 PM Meeting
- 4 Florida State Fair Opens
- 8,22 Clover Kids 5:30—7:00 PM
- 12-14 Intermediate State Congress
- 15 State LifeSmarts Contest—Florida State Fair 8:00 AM
- 15 Horse Leader's Meeting 6:30 PM
- 20 Central Florida Fair Booth Set UP 10 AM—2PM
- 20-21 Benefit/Open Horse Show—Clarcona Horseman's Park
- 22 Central Florida Fair Booth Set Up 10 Am—2PM
- 22 Clover Kids 5:30-7:00 PM



March 4,18

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- 4-H Public Speaking Club 4:45-5:45 PM
- District Share the Fun Contest at CFF
- 7 Livestock Sales at CFF; Take Down Booth 6:00 – 8:00 PM
- 8,21 Clover Kids 5:30 – 7:00 PM
- 11 Area D Horse Show Planning Meeting 7:00 PM (Seminole)
- 11 Deadline: Citrus tree orders for 2011 Central Florida Fair
- 13 State Hippology Contest (Orange)
- 15 Horse Leader's Meeting 6:30 PM
- 16 Camp Counselor Planning meeting for Counselors & CIT's from 2009 Camp
- 18 County Council 6:00 – 7:30 PM
- 20 Citrus Tree Distribution - Apopka REC
- 20-21 3rd Executive Board
- 24 Exhibits due to be judged for Exhibit Night
- 26 County Events & Exhibit night
- 30 Horseless Horse Club 5:30 – 7:00 PM



April 1,15

- 3 County Horse Show @ Clarcona Horseman's Park
- 7,8,9 Advanced Horse Day Camp
- 10 State Horse Judging Contest (Gainesville)
- 12 Clover Kids 5:30 – 7:00 PM
- 13 County Council 6:00 – 7:30 PM
- 15 Spaghetti Dinner Set Up
- 16 Spaghetti Dinner and Silent Auction
- 19 Horse Leader's Meeting
- 22 4-H Day at the Capital
- 24 District Events MREC – Apopka
- 26 Clover Kids 5:30 – 7:00 PM



May 1-2

- 6 County Council Meeting (Elections) 6:00 – 7:30 PM
- 10 4-H Scholarship Applications Due (County and Horse)**
- 10 Clover Kids 5:30 – 7:00 PM
- 11 District Council Meeting (Orange) Elections –6:00 Meeting
- 13 County and Horse Scholarship Interviews in 4-H Office
- 24 Clover Kids – 5:30-7:00 PM
- 25 Horseless Horse Club 5:30 – 7:00 PM
- 26 State Portfolios due in 4-H Office if you want us to mail them to Gainesville